



GROUP FITNESS SCHEDULE

Summer II session

Effective July 26



Aerobics Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM		BodyShop		BodyShop				
	6:00AM	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP	8:30 AM	LES MILLS BODYCOMBAT	
	8:30 AM	Hi/Lo	LES MILLS BODYVIVE	Hi/Lo	LES MILLS BODYVIVE	Hi/Lo	9:30 AM	LES MILLS BODYPUMP	
	9:30 AM	ZUMBA Starting Aug.9	LES MILLS BODYPUMP	ZUMBA starting Aug. 11	LES MILLS BODYPUMP		10:45AM	ZUMBA	
	12:00 PM	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
	4:30 PM	LES MILLS BODYATTACK	LES MILLS BODYVIVE	LES MILLS BODYATTACK	LES MILLS BODYVIVE	Step & strength	2:30 PM		LES MILLS BODYPUMP
	5:35 PM	LES MILLS BODYPUMP	Step	LES MILLS BODYPUMP	Kickboxing	LES MILLS BODYPUMP			
	6:40 PM	ZUMBA	LES MILLS BODYCOMBAT	ZUMBA	LES MILLS BODYCOMBAT				
	7:20 PM	ZUMBA		ZUMBA					
Multi-Purpos	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	8:30 AM								
	9:30 AM	BodyShop	Pilates	BodyShop	Pilates	Beginner Pilates			
	4:30 PM	Bodyshop & abs		Bodyshop & abs					
	5:30 PM	Big Step	Inner Peace		Inner Peace				
Cycle Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
	6:15 AM		LES MILLS RPM		LES MILLS RPM		8:30 AM	LES MILLS RPM	
	9:30 AM	cycle		LES MILLS RPM					
	4:30 PM		LES MILLS RPM		LES MILLS RPM				
	5:30PM	cycle		cycle		LES MILLS RPM			
Other	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	9:30 AM		Aqua Power Hour (pool)		Power hour (gym)				
	12:15 PM	Silver Foxes (gym)		Silver Foxes (gym)		Silver Foxes (gym)			